



The Aon

Loughrea Triathlon Festival

Sunday August 4th

Pre Event Information Pack

Dear Competitors,

We would like to thank you for your upcoming participation in the Aon Loughrea Triathlon Festival 2019.

Predator Triathlon Club are proud to host the following events on Sunday August 4th, 2019 at Long point, Loughrea, Co Galway.

- The Aon Youth Triathlon National Festival
- The Aon Loughrea Try A Tri Triathlon
- The Aon Loughrea Sprint Triathlon (BMW National Series)
- The Aon Corporate Challenge (Relay)

We want to provide you with some practical information to ensure you thoroughly enjoy the day. The race is sanctioned by Triathlon Ireland and therefore subject to Triathlon Ireland rules.

Event Sponsors

We want to acknowledge our main sponsors, without whom this event would not be possible. We kindly ask you to support them all year round.

We also want to acknowledge the support from the Gardai, the Irish Red Cross, the County Council and all the Volunteers from various local clubs.

Loughrea Triathlon Festival

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Timetable for the Event:

- The Aon Youth Triathlon National Festival: Sunday August 4th @ 10.15am SHARP
- The Aon Loughrea Try A Tri Triathlon @ 12.05pm SHARP
- The Aon Loughrea Sprint Triathlon (BMW National Series) @ 2.15pm SHARP plus the Aon Corporate Challenge.

Registration:

Registration will take place between 4pm and 6pm on Saturday evening 3rd August at the Temperance Gym, Loughrea (see map) for all events and on Sunday morning as per timetable below.

Registration Location:

<https://youtu.be/8SttI3EfgCq> (video of registration location)

Be stress free, register early Saturday evening!

Please try to register on the Saturday evening to beat the queues and to avoid any stress on Sunday morning. Registration for the The Aon Loughrea Sprint Triathlon (BMW National Series) will close at 12.30 pm Sharp!

Programme:

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	Time	Day	Location
Registration for Race:			
Registration (All Races)	4pm-6pm	Saturday	Temperance Gym
Registration (Youth & Tri A Tri)	8am-9.15am	Sunday	Temperance Gym
Registration (The Aon Loughrea Sprint Triathlon plus the Aon Corporate Challenge)	8am-12.30pm	Sunday	Temperance Gym
Access to Transition:			
Aon Youth Triathlon National Festival & The Aon Loughrea Try A Tri Triathlon	8.30am-9.45am	Sunday	Loughrea Lake Long Point
The Aon Loughrea Sprint Triathlon plus the Aon Corporate Challenge	1pm-2pm	Sunday	Loughrea Lake Long Point
Race Briefing:			
Aon Youth Triathlon National Festival & The Aon Loughrea Try A Tri Triathlon	9.45am 11.30am	Sunday	Transition Loughrea Lake Long Point
The Aon Loughrea Sprint Triathlon plus the Aon Corporate Challenge	2pm	Sunday	Transition Loughrea Lake Long Point
Race Start Times:			
Youth Races Wave 1 – 7-9 yrs: 100m/1.5km/500m gold hats Wave 2 – Age 10-11 yrs: 200m/3km/1km blue hats Wave 3 – Age 12-13 yrs: 300m/6km/1.5km white hats Wave 4 – Age 14-15 yrs: 400m/9km/3km silver hats	10.15am 10.45am 11.15am 11.45am	Sunday	Loughrea Lake Long Point Award Ceremony after Final Race
Tri A Tri Race	12.05pm	Sunday	Loughrea Lake Long Point Award Ceremony after Final Race
Transition Open	1pm (Approx.)	Sunday	Loughrea Lake Long Point
The Aon Loughrea Sprint Triathlon plus the Aon Corporate Challenge Wave 1: Males under 40 Wave 2: Males over 40 & Aon Corporate Challenge Relay. Wave 3: Female wave only	2.15pm	Sunday	Loughrea Lake Long Point
Transition Open	4pm (Approx.)	Sunday	Loughrea Lake Long Point
After Race Meal	4pm-6pm	Sunday	Temperance Gym
Award Ceremony	4.45pm onward	Sunday	Temperance Gym

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Registration & Parking Map



The Aon Loughrea Sprint Triathlon (BMW National Series) Event Swim Waves

There will be **3 swim waves** more than likely and if not, you will be informed on the day.

Wave 1: Males under 40 years

Wave 2: Males over 40 years & Relay.

Wave 3: Female wave only

One colour swim hat per wave will be provided.

Please check your wave at the registration entrance.

Temperance Gym will be well signposted and we will have Triathlon registration signage positioned on all incoming roads to Loughrea. See map below for more details.

*****You must show your TI Membership Card or your One Day Licence No. for the Sprint event at registration***.**

If an athlete shows up at an event without a photo on their Triathlon Ireland membership they must have passport or drivers licences photo identification.

All relay team members must show up and sign in at registration and have proof of age if required by the Head of Registration or the Technical Official.

Parking

There is limited parking available at Registration - Temperance Gym. Parking is not available at the transition area and will not be permitted along the road margins leading from the town to the lake area as this will create a hazard for cyclists.

Please avail of the parking facilities available in the town (See map below), and cycle or walk to the transition area, a distance of 1.5km approximately.

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Competitions

All the Loughrea Triathlon Festival Events are being held at Long Point, Woodford Road, Loughrea. See map below. All roads will be signposted from the Temperance Hall to Long point where transition is located, and on various routes into Loughrea.

Distance from Temperance Gym to the transition is approx 1.5 km, give yourself plenty of time, The Races will all start on time with or without you!

Again, you will **NOT** be able to drive up to the transition area, because this road is closed to traffic. You will have to walk or cycle from the various car parks, so please allow plenty of time.

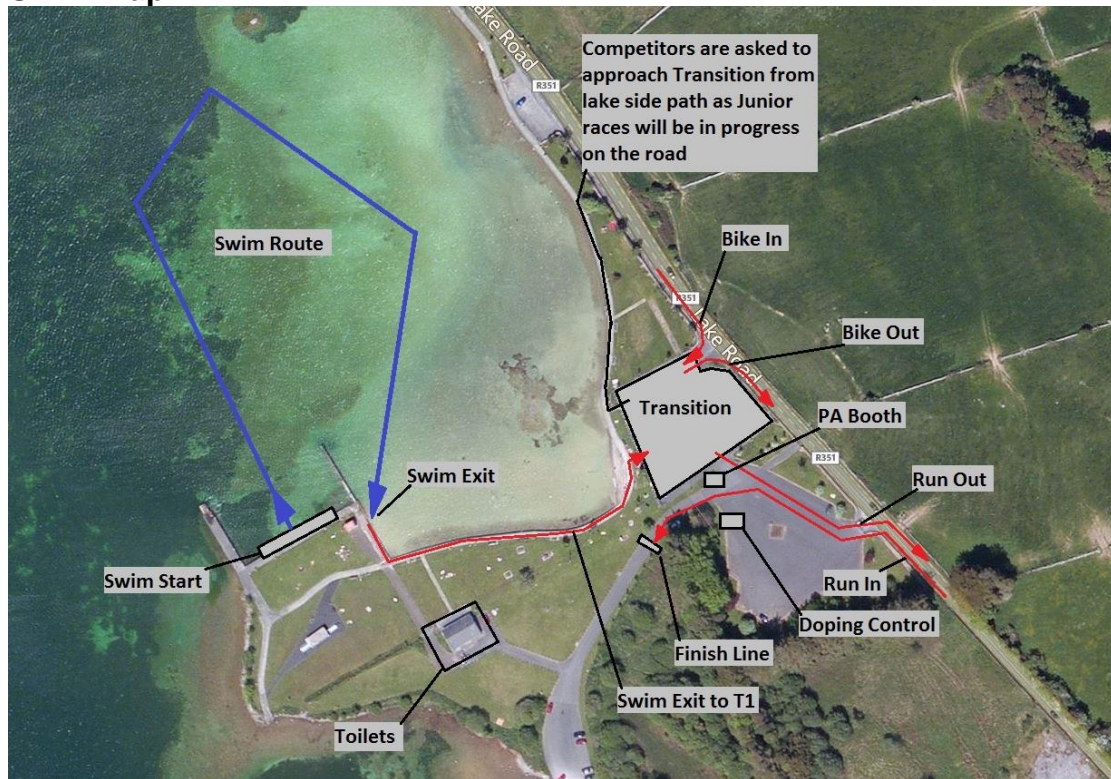
Access to Transition

Youth and Try a Tri participants can access the transition area from 8.30 am. The Aon Loughrea Sprint Triathlon (BMW National Series) and The Aon Corporate Challenge (Relay) participants can enter transition from 1 pm (NOT BEFORE) and will not be allowed back into transition until after the last runner has left transition for the run section of the event.

Sprint Race Maps

It is the responsibility of the competitor to know the route of the race. Please find detailed maps for each leg of the race below.

Swim Map



The swim takes place in the Blue flag Loughrea Lake, with crystal clear waters all along the 750m swim. A real treat for all competitors!

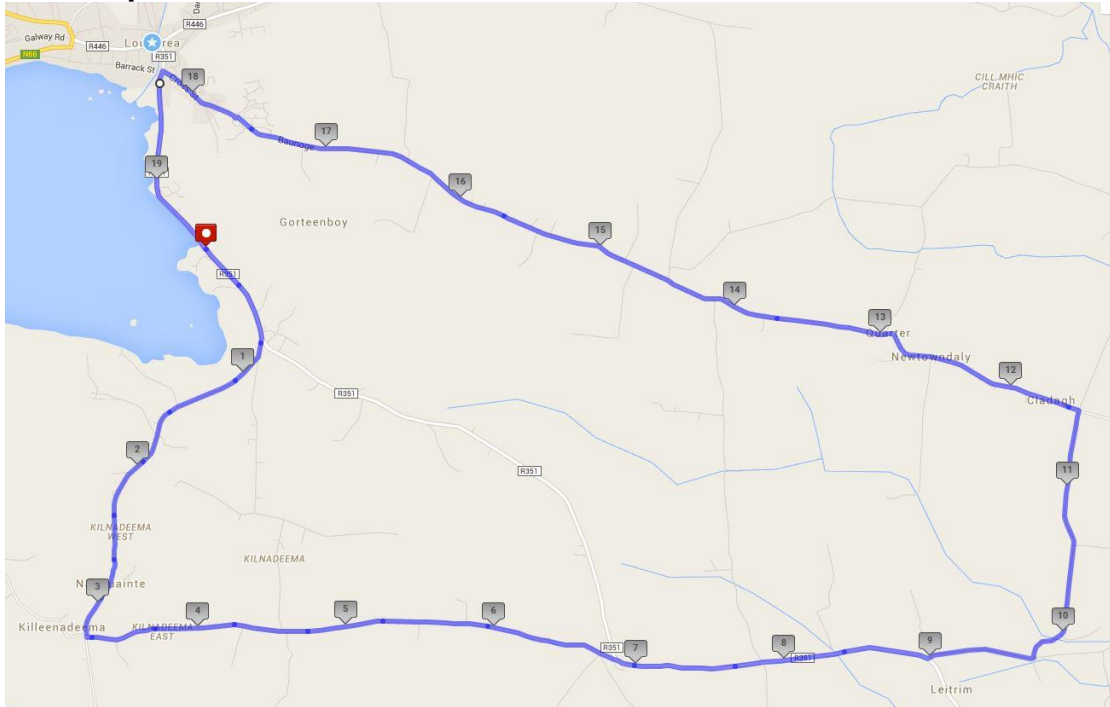
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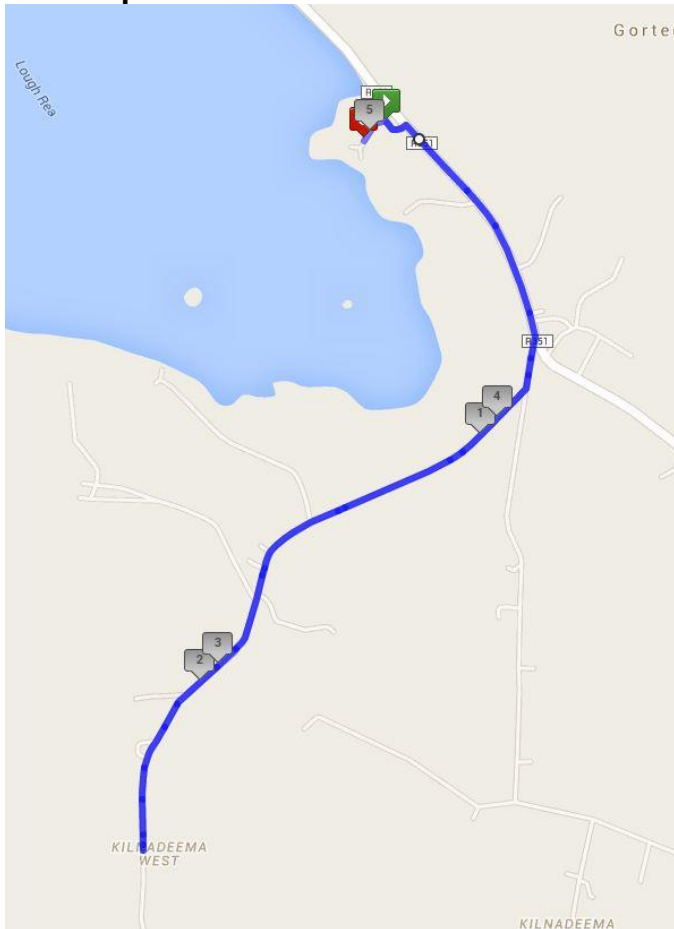


Bike Map



The cycling takes place around the Loughrea Lake and the local country side on a 20km loop.

Run Map



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For previous years' participants, the race is the same for swim, bike and run. The run is a hilly 5km out and back on the same road as the cycle.

A water station will be available after 2.5km on the run. Water and fruit will be available at the finishing line.

IMPORTANT KEY POINTS:

- Wetsuits are **COMPULSORY**. Water temperature is 16-18 degrees.
- Sprint Event: Please note once again that without a Licence you cannot and will not be allowed to race! (Not applicable to Youth U15 participants)
- If you need a One Day Licence for the Sprint Event please buy it from Triathlon Ireland, [click here](#) – **NO LICENCE NO RACE!!!**
- A bike in good working order with repair kit is required and a Helmet is mandatory. Bikes will be checked before racking your bike in Transition.

Drafting rules

The course will be marked and patrolled by TI marshals and the Gardai. Cyclists must adhere to their instructions.

NO DRAFTING ALLOWED.

Drafting is when part of your bike is in the Draft Zone of another competitor. This is **ILLEGAL** as you gain an unfair advantage over the rider ahead. Triathlon is an individual event so please do not cycle in a group of any form. A more detailed description of drafting can be found in the Triathlon Ireland Manual of Guidance.

There will be **DRAFT MARSHALS** on the bike course. No warnings of drafting will be given. You will receive a penalty of up to 8 minutes (First penalty 4 minutes, and second penalty additional 4 minutes and disqualification).

One drafting violation noted by a motorcycle referee or three reports from static draft-control marshals.

Note: There is no requirement for the marshal to indicate that a report has been made. Motorcycle referees may not necessarily provide an audible or visible warning for a drafting violation in the interests of safety.

Cyclists are not allowed to draft and all competitors must reject any attempt by others to draft. Any competitor found drafting will be penalized.

The Draft Zone is a rectangle surrounding every competitor that is 1.5 meters wide either side of the cyclist, and extends to 10 meters behind the front wheel of the competitor's bicycle.

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(The front edge of the front bicycle wheel will define the centre of the leading 3 meter edge of the rectangle.) A competitor may enter the draft zone but must be seen to be making forward progress. A maximum of 15 seconds will be allowed for a competitor to pass through the draft zone.

The draft zone of one competitor may not overlap the draft zone of another competitor.

A competitor is overtaken when the front wheel of another competitor's bicycle is ahead of theirs. It is then his/her responsibility to drop out of the draft zone, either sideways, or by dropping back.

It is not allowed to gain unfair advantage by drafting on officials' escort vehicles or vehicles being used by media etc.

Minimum bicycle/vehicle separation will be 35 meters long by 5 meters wide.

A competitor may enter a bicycle draft zone (subject to the official's judgment) in the following circumstances:

- If the competitor enters the draft zone and progresses through it within 15 seconds.
- For safety reasons
- At an aid station
- At the exit or entrance of a transition area
- At an acute turn
- If race officials excludes a section of the course because of narrow lanes, construction works, detours, or for other safety reasons.

After Race Meal and Prize Giving Ceremony

At registration you will receive a meal voucher with your race numbers to avail of a meal served at the Temperance Gym after the race. You will be able to purchase meal vouchers for any friends and family travelling with you directly in the Temperance Gym. Prizes will also be given in Temperance Gym.

Results

All Aon Loughrea Triathlon Festival races will have time chips used. The results will be available from Red Tag timing. To check their website, go to www.redtagtiming.com the day after the event.

Accommodation

Here is a list of accommodation providers in and around Loughrea.

HOTELS

[Loughrea hotel and spa](#)

B&Bs

Rosedale Lodge B&B Tel:091-841120 rosedalelodge@eircom.net

Fairhill House B&B Tel:091-841218.

An Choill B&B Tel: 091-870895.

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Conclusion

If you have a question before the event, please check www.predatortriclub.ie in the Loughrea triathlon section or follow up the updates on [facebook](https://www.facebook.com/predatortriclub). You can contact predatorsenioresecretary@gmail.com if you can't find what you are looking for on the website or in this comprehensive information pack.

Our main concern is to ensure you have a safe race and enjoy yourselves. Please note the race is organised by a team of local volunteers from Predator Triathlon Club.

Make sure to obey the orders you may be given by all marshals involved in the event and show respect at all times for the marshals, referees, safety crews, and all the volunteers who give their time for your enjoyment.

Kind regards,
Predator Tri Club

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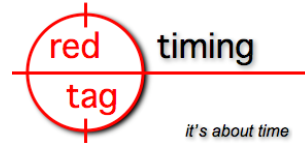




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Sponsors



National Series Sponsor



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